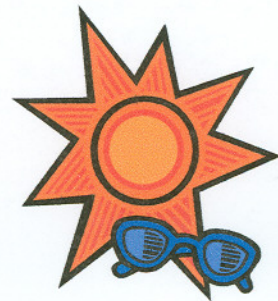


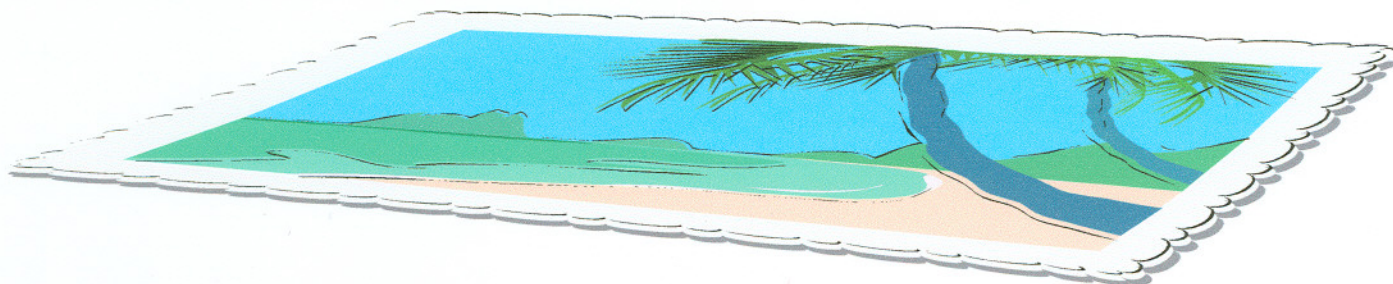


Pentagon Fit To Win Program



August 2004 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Self Care	1100-1200
3	Women's Health (1 of 3)	1100-1200
3	Preventing Running Injuries	1200-1300
4	Eat To Win (1 of 2)	1100-1200
6	Debrief/Exercise Lecture	1000-1130
9	Cholesterol Reduction	1100-1200
9	Men's Health	1200-1300
10	Women's Health (2 of 3)	1100-1200
11	Hypertension	1100-1200
13	Debrief/Exercise Lecture	1000-1130
16	Ab/Back Bonanza	1100-1230
18	Eat To Win (2 of 2)	1100-1200
20	Debrief/Exercise Lecture	1000-1130
23	Meal Planning	1100-1200
24	Preventing Running Injuries	1100-1200
25	Stress Management	1100-1200
25	Women's Health (3 of 3)	1200-1300
27	Debrief/Exercise Lecture	1000-1130
30	Self Change	1100-1200



Check out our website at www.narmc.amedd.army.mil/dilorenzo

For emotional concerns and support call the Life Skills Center at 692-8878

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.
Call 692-8898 to register for Classes